

July-Aug. 2003
Volume 10

THE BUGLE BOY



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www.southcommil/usag-miami/index.htm

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W E T S P R I N G P I C N I C D r a w s 9 0 0

Nearly 900 attended the Spring Picnic at the Miami Seaquarium in spite of gray skies and rain. Those who braved the monsoons were treated to a fun day of marine mammal shows, exhibitions and a special appearance by PJ of Radio Disney. Kids from three to 17 danced to the Hokey Pokey and received great prizes for their efforts. Many thanks to our generous sponsors: NEW HORIZONS COMPUTER LEARNING CENTER OF MIAMI, RADIO DISNEY, and the MIAMI SEAQUARIUM. Rain checks were offered only to those who attended.



Sheryl A. Byrd, Director of Community Activities, presents plaque to Joe Baranello, NEW HORIZONS COMPUTER LEARNING CENTER OF MIAMI, picnic sponsor.



PJ of RADIO DISNEY entertains SOUTHCOM kids

Photos by Victoria DuBois

Spouse's Expo

...coming in October!



Tournament sponsor Thomas Alvarez, NEW HORIZONS COMPUTER LEARNING CENTER OF MIAMI (back, row right) and DCA Team: (l to r - Jill Hauser, Helen Colby, Steve Ondrizek, Mary Ortiz and Maria Rosado Trenché. Photo by New Horizons

G O L F T O U R N A M E N T

Tremendous community support was shown for the Commander's Invitational Golf Tournament held on 23 May at Miami Shores Country Club. One hundred and twenty eight signed up to play for a great day of golfing and camaraderie. First prize went to J. Bill Scoggins, Joe Cormack and Commander Steele. Deputy Chief of Staff Colonel "Who's Your Daddy?" Walker guided his team to a respectable second place. Many thanks to our very generous sponsors who made the tournament a terrific success: Platinum - MANTECH INTERNATIONAL, Gold - AMERICATEL, OCEAN BANK, TROPIC OIL, NEW HORIZONS COMPUTER LEARNING CENTER OF MIAMI, ZUNI TRANSPORTATION, and Silver - NIGHTLINE INC. and PBS&J.



MANTECH sponsors JR Lopez, Jose Agosto and Carlos Garces.

Photo by Helen Colby

WHAT'S UP at USSOUTHCOM

MWR Events, Classes and Trips:

JULY:

Stress Relaxation for Busy Women
Tuesdays, 1, 15, 22, 29 July, 9:30-11:30am
USAG-Miami

Pre-Separation Briefing
(Required Prior to TAP)
Wednesdays, 2 & 16 July, 2:30-4pm
USAG-Miami

Training Holiday
Monday, 7 July

Volunteer Recognition
Tuesday, 8 July, 10-11:30am
MCR

Miami Tour
Thursday, 10 July, 9am-4pm
Meet at FSC
8300 NW 33rd St., Suite 110

Newcomer's Briefing
Friday, 11 July, 8am-12:15pm
USAG-Miami

Smooth Move PCS Briefing
Friday, 11 July, 1-3pm
USAG-Miami Ed Ctr

Sea World
Saturday, 12 July 6am-7pm
Military + dependents free
Other adults \$47/children (3-9)
\$39/\$5 transportation fee

Single Parent Support Group
Thursday, 17 July, 11am
USAG-Miami, Suite 110, Office 15

Basics of Personal Finance
Thursday, 24 July, 2:30-4pm
USAG-Miami Ed Ctr

Foreign Born Spouse Potluck
Friday, 25 July, 6pm
USAG-Miami Ed Ctr

TAP Workshop
Tuesday, 29 July - Thursday,
31 July, 8am-4pm
La Quinta Hotel

Animal Kingdom
Saturday, 26 July 6am-7pm
Military free, adults \$49/children
(3-9)\$39
\$5 transportation fee.

Waiting Families Support Group
Friday, 30 July, 6pm
USAG-Miami Ed Ctr

**Strength Training in Military and
Law Enforcement**
Thursday, 31 July, 12-1pm
Conf Room 2412
BYO Lunch

AUGUST:

Newcomer's Briefing
Friday, 1 August, 9am-4pm
USAG-Miami

Pre-Separation Briefing
Wednesdays, 6 & 20 August,
2:30-4pm
(Required prior to TAP)
USAG-Miami

Universal Studios
Saturday, 9 August 6am-7pm
Military free
Adults \$47/children (3-9) \$39
\$5 transportation fee

Stress Relaxation for Busy Women
Tuesdays, 12, 19 August, 9:30-11:30am
USAG-Miami, Suite 110, Office 15

First Termers' Finance
Thursday, 21 August 2:30-4pm
USAG-Miami Ed Ctr

Single Parent Support Group
Thursday, 21 August 11am
USAG-Miami, Suite 110, Office 15

Gator Park/Airboat Trip
Saturday, 23 August 11am-3pm
Adults \$12/Children (6-10) \$8

Job/Career Fair
Tuesday, 26 August 9:30am-1:30pm
Miami-Dade Fire Fighters Memorial
Building

**Resume Writing/Interviewing Skills
Workshop**
Wednesday, 27
August, 2:30-4pm
USAG-Miami



Waiting Families Support Group
Wednesday, 27 August, 12:30/6:30pm
USAG-Miami Conf Rm

Coronary Artery Disease
Thursday, 28 August, 12-1pm
Conf Room 2412
BYO Lunch

Foreign Born Spouse Potluck
Friday, 29 August, 6pm
USAG-Miami Ed Ctr

Check the web for MWR Events and Information: <http://scnet/cmd/>
(Announcements)

http://www.southcom.mil/usag-miami/community_activities.htm

and http://www.southcom.mil/usag-miami/whats_happening.htm

All tickets are non-refundable. Do your research before purchasing tickets at the ITR. We do our best to offer the lowest prices possible. Our tickets are purchased at the regular group rate or below, but some venues have seasonal sales with lower prices. When you purchase tickets from the ITR you are not paying tax which you might pay on-line. Tickets may or may not reflect a handling fee, which the ITR sometimes pays. Occasionally, free tickets may become available to an event for which we have already purchased and sold tickets. We cannot foresee these donations. Thank you for your understanding.

Health & Fitness Classes

MWR offers free fitness classes on a monthly basis. Stay in shape - register at the Fitness Center:

Strength Training in Military and Law Enforcement

Thursday, 31 July, 12-1pm
Conf Room 2412
BYO Lunch

Coronary Artery Disease

Thursday, 28 August, 12-1pm
Conf Room 2412
BYO Lunch

Join us in WELCOMING Our new employees

Steve Ondrizek, our new Recreation Specialist, arrived recently from Yokota Air Base, Japan where he was the Outdoor Recreation Director. Steve has been a Recreation Specialist for over 16 years working with the Navy and Air Force, and now the Army. His work experience includes Outdoor Recreation, Community Recreation, Fleet Recreation and Sports and Fitness in a variety of locations such as Puerto Rico, Maine, Germany, Texas, Turkey and Japan. Steve is originally from St. Petersburg, Florida and graduated from Florida State University with a B.S. in Leisure Services and Studies. He will be coordinating USSOUTHCOM's special events, sports/fitness activities and Outdoor Adventure Programs. If you have any ideas or suggestions, Steve invites you to stop by and see him in the Codina Building, Suite 110, Room 8.

Family Counseling Center

The Family Counseling Center provides services for the Military, Dependents and DoD Civilians.

Clinical and pastoral services are provided at

8400 NW 33rd Street, Suite 102
Family Counseling Center
305 437-3086

Social Work Services 305 437-3072

Army Substance Abuse Program
305 437-3072

Mental Health Services 305 437-3076

Chaplain Services 305 437-3081

WHAT'S UP IN SOUTH FLORIDA

Parents Helping Parents

Are you a parent of a child with a developmental disability such as autism, cerebral palsy, Down Syndrome, epilepsy, mental retardation or spina bifida? Does your child have special needs as a result of a hearing impairment, vision impairment, hyperactivity, seizure disorder or prematurity? Consider joining Parent To Parent. This organization offers support group meetings, telephone peer counseling, a bilingual newspaper and bilingual lending library, specific disability information, information about other community resources, family support training, and training about educational rights for families of persons with special needs and disabilities. Be encouraged by the empathy of another parent "who has been there" and is willing to be supportive. Call the Parent to Parent Family Support Coordinator today at (305) 271-9797. You'll be glad you did!!!

KID'S CORNER

Have you registered your child for SOUTHCOT Youth Summer Sensations? Don't miss out on these great opportunities for a fun and enriching summer experience! Registration information and applications are available at Headquarters, out

side the Information, Tickets and Registration (ITR) Office, #1303, or the Codina Building, Suite 110. Camps include Boys & Girls Club, Miami Museum of Science, Fit Kids, Tennis, Judo, Soccer and Baseball. Register early. Check the camp brochure on the web at http://www.southcom.mil/usag-miami/dca_fsc.htm.

**To report Suspected Child Abuse/Neglect
or Spouse Abuse contact
Family Advocacy at (305) 437-2734.
After duty hours contact (305) 437-4900.**

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COMMAND FIELD DAY



Cocoa and Colonel Maxwell take a break after working up a sweat in the relay race.



No tug of war for CW4 Glenn, who takes it easy at Field Day.



OSI Trosper enjoys the fruits of his labor.

Photos by Helen Colby

Online Family Support from MilitaryOneSource

Need help answering questions on legal issues, parenting or education? MilitaryOneSource is a virtual Family Support/Services Center. This innovative benefit provides 24/7, 365-day/year assistance with everyday life issues.

MilitaryOneSource offers:

- Phone and online access to experienced, professional consultants...real people to talk to when you need answers;
- An award-winning website with online articles, workshops, locators, interactive self-assessments;
- Free booklets, audio recordings, and other materials to help you get the answers you need in the format you want;
- Referrals to resources, services, and support in your community.

Access MilitaryOneSource by phone or the internet:

Toll free number from US:	877-510-0320
Toll free number from outside US:	800-237-42374
Collect number from outside US:	484-530-5888
Toll free number for Hispanic call center:	888-732-9020
Hearing Impaired/TDD line:	800-346-9188
Web log-in User ID & Password:	southern/command
Website address:	www.militaryonesource.com
Tips-on-Tape access code:	1367

To access via internet, go to the MilitaryOneSource web pag, www.militaryonesource.com and type in 'southern' for user id and 'command' for password.

Information packages, wallet cards and refrigerator magnets with information on MilitaryOneSource services will be available soon. Information is posted on the SOUTHCOM QOL website (NIPERNET side). To access, go to the USSOUTHCOM public website at www.southcom.mil, under the USSOUTHCOM banner at the left click on Quality of Life. You will see "New! MilitaryOneSource has arrived."

Some categories of information that can be requested in English or Spanish from MilitaryOneSource include:

- | | |
|-------------------------|-------------------------------|
| * Health and well-being | * Older relatives |
| * Every day issues | * Budget and Financial Issues |
| * Parenting | * Legal Issues |
| * Education | * Career Issues |

This great resource for you and your family members augments USAG-Miami programs and services. USAG-M is the lead for questions regarding MilitaryOneSource for USSOUTHCOM personnel assigned to Miami. The POC is Jennifer Harms, 305 437-2723, email - HarmsJ@hq.southcom.mil. POC for USSOUTHCOM personnel assigned outside Miami is Mr. Moe Tricarico, Quality of Life Office, DSN 567-1019; email - TricaricoM@hq.southcom.mil.

USSOUTHCOM EMERGENCY NUMBERS FOR YOUR FAMILY

**Refrigerator magnets are available at the
Headquarters outside the ITR Office, #1303.**

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Spouses Corner

USSOUTHCOM Community Information Meeting (SCCIM)

SCCIM is held the first week of each month. This will enable the Zip Code Coffee Group Coordinators to disseminate the information from the SCCIM to the zip code coffee groups. As a reminder, all spouses are encouraged to submit concerns/issues to your area zip code coordinator. Our purpose is to share ideas and make living in South Florida an enriching experience. Upcoming meetings: at 1000 hrs. Codina Building, Main Conference Room.

Zip Code Coffee Groups POC

Kendall, Hammocks, etc.

- Chris Kendle (305) 220-9564/(305) 279-3637
- Debbie Karl (305) 233-1767

Weston, Davie, Plantation, Fort Lauderdale,

Coral Springs and North:

- Stephanie Crabb (954) 384-8094
- Carla Olivo (954) 217-9048

Pembroke Pines, Cooper City, Hollywood, and Miramar:

- Annie Rose (954) 499-2621

Doral, North Dade:

- Heather Tuttle (305) 597-0517
- Patsy Barrier (786) 845-3073

Need To Know Numbers

Directorate of Community Activities (DCA)

Director, Sheryl Byrd (305) 437-2720
Administration, Vilma Lesesne (305) 437-2715
Website: <http://www.southcom.mil/usag-miami/index.htm>
E-mail: mwrcustomerservice@hq.southcom.mil
Toll Free Hot Line: 1 888-547-4025

Substance Abuse Program (SAP)/Employee Assistance

SAP Officer, Guy Drab (305) 437-3078

Recreation Division

Fitness Center (305) 437-1152
Better Opportunity for Single Service Members (BOSS),
President SPC Richard Garcia (305) 437-1723
Tickets and Tours, Eric Ruiz (305) 437-1595
Sports and Recreation,
Steven Ondrizek (305) 437-2726
Marketing and Sponsorship,
Helen Colby (305) 437-2639

Family Support Division (FSD)

FSD Officer, Victoria DuBois (305) 437-2644
Secretary (305) 437-2665
Other staff may be contacted by
calling The Director or the
main number (305) 437-2665

USSOUTHCOM Clinic

Office hours: 0730-1630
For appointments call (305) 437-3559
Services TRICARE enrolled members.
TRICARE Service Center
8385 Pines Blvd. (954) 443-6793 or
Pembroke Pines, FL 33024 1-800-700-8593
Domestic Violence/Child Abuse
John Knoebel (305) 437-3072
Family Counseling Center (305) 437-3086
Housing Referral (305) 437-2656
Education Services (305) 437-1141
Carlson Wagonlit (305) 437-1746
Veterinary Services (305) 437-1304
(POC - Ms. Estes)
Opa-Locka USCG Vet Svcs. (305) 953-2195
(POC - SK2 Young)

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U.S. Southern Command
Family Support Center
Attn: USAG/FSC
3511 NW 91st Avenue
Miami, FL 33172